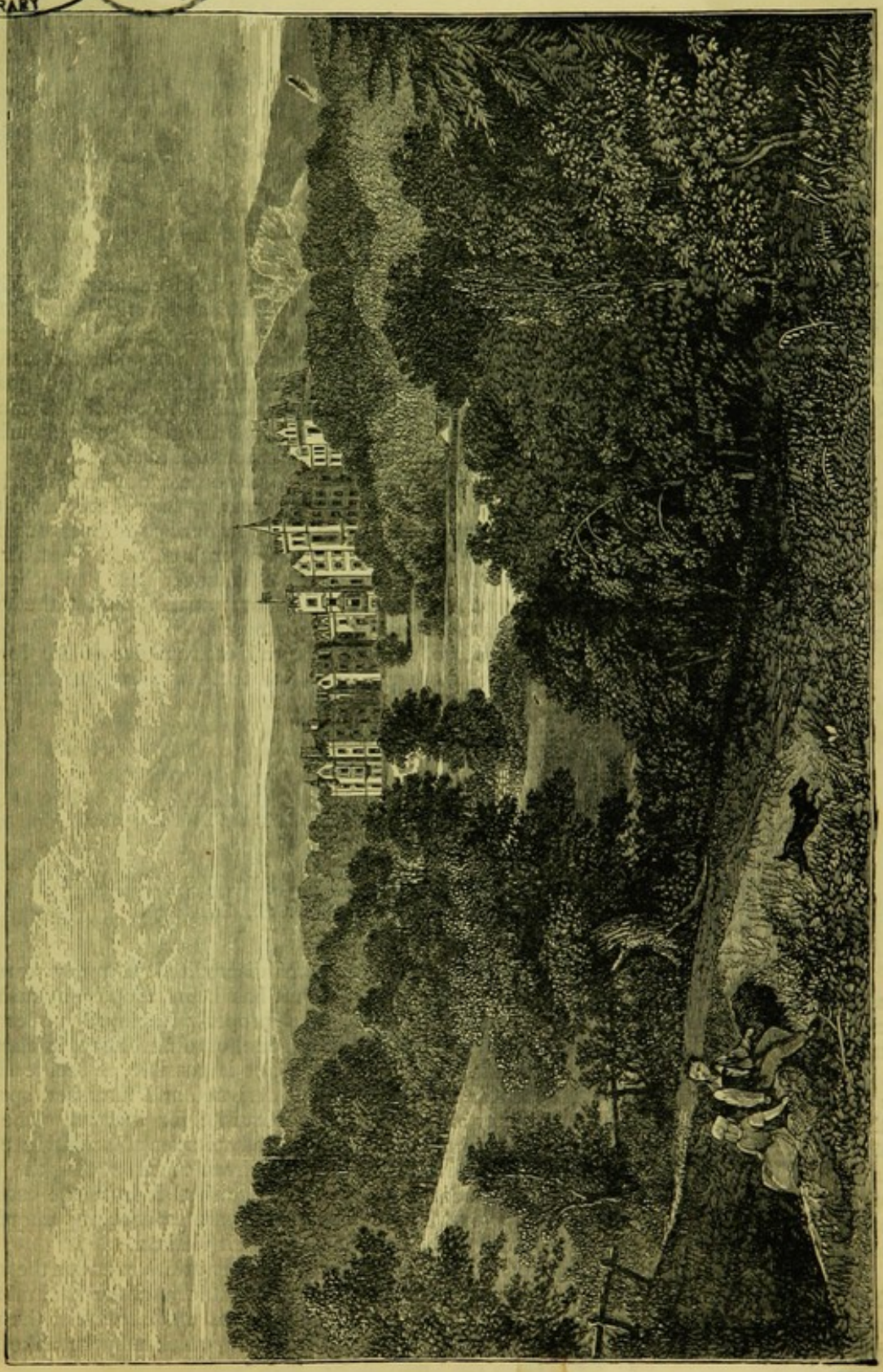
Ben Rhydding.



BEN RHYDDING.

THE building, in the Scottish baronial style, is situated on a bold eminence in Wharfedale, eighteen miles from Leeds, and commands exquisite and varied views of this charming valley. The pleasure-grounds surrounding the house are about 100 acres in extent, and they are so laid out as to afford ample opportunities of exercise and recreation to Patients and Visitors. The elevated and romantic situation of the House, the Grounds, the Racket Court, the Bowling Green, and Croquet Grounds, the Billiard Room, the Gymnastic Appliances, the Moorland Walks, and the numerous places of interest in the neighbourhood, tend to render Ben Rhydding at all times a most attractive residence for Invalids.

Situated at an elevation of 500 feet above the level of the sea, on a sandy soil, in a broad valley and in the centre of Great Britain, the atmosphere is dry, clear, pure, and free from those heavy vapours and thick mists which are so unhealthy and so common during some seasons of the year in many parts of England. The whole of the House in winter is heated by hot air, and kept at a properly regulated temperature. It is the study of the Manager that Ben Rhydding shall be found, in all respects, as comfortable and healthful for Patients during the colder seasons of the year, as it is during the months of summer and autumn.

In the internal arrangements of the House, the comfort and convenience of the Inmates are studied, and no effort has been spared to secure for them the usages and attention of a private and well-regulated Home.

THE MEDICAL DEPARTMENT:

Senior Physician—WILLIAM MACLEOD, M.D., F.R.C.P., Edin., F.S.A., Scotland.
Junior Physician—THOMAS SCOTT, M.D., M.R.C.S., Edinburgh.

The practice of Hydro-Therapeutics has been unjustly discredited in many cases, in consequence of the ignorance and extravagance with which it has been adopted by rash and unscientific persons. There can be no doubt, however, that, properly employed, under competent medical care, the Water Cure is most valuable, either alone, or, if necessary, in combination with Hygienic and Medical Treatment. It is difficult, if not impossible, to secure favourable conditions for such treatment, except in an establishment designed and furnished specially for this purpose, and Ben Rhydding unites all the elements requisite for success. The pure springs, the exhilarating air, the complete appliances, and the advantages of scientific professional care, have long made it a favourite resort for Invalids desirous of undergoing the Water Cure, or other modes of Therapeutic treatment, and have distinguished it from the establishments (unhappily increasing in number) where Hydro-Therapeutics are practised by unqualified persons, to the discredit of the system and to the great peril of their victims.

The Patients at Ben Rhydding have, in most instances, been sent thither under the advice of their own medical attendants, whose instructions to the medical officers of the institution are always most carefully and respectfully weighed; and no attempt is made to avoid the use of recognized and valuable remedies for the sake of adopting others which may be alike novel and pernicious.

The following is a general statement of the treatment followed by the Medical Officers of Ben Rhydding. They employ Hydro-Therapeutics in functional diseases; in stopping the degeneration of the tissues; in restoring nerve power: in removing effete matter from the system; in developing vital force in weakened or exhausted constitutions, and in retarding the too rapid advance of old age, arising from the wear and tear of professional and commercial life. But, when structures have become diseased, or morbid matters deposited in them, when the organism has been chronically poisoned by constitutional or blood diseases, and when organic matters natural to the system are wanting,—then with Hydro-Therapeutics they associate local, special, and general Medical treatment. This combination is not only the most rational, but it is also found to be the most efficient and satisfactory, and to it Ben Rhydding owes much of its celebrity and success.

That this success is the just result of legitimate treatment and scientific skill, will appear by a perusal of the articles quoted below, extracted from the *Medical Times and Gazette*, the accredited organ of the Medical Profession, and the highest authority of its class in England, and from the *Edinburgh Medical Journal*, the leading medical periodical in Scotland.

Such being our general principles and practice, we are enabled to receive patients suffering from all *non-contagious* diseases, whether they be functional or organic in their nature; and the success which has attended our treatment justifies the assertion that it is at once safe, pleasant, and efficient.

The inunction of the body with oils is carried out to the fullest extent, and this remedy has been found most efficacious in the removal of phthisical and other constitutional tendencies.

The Compressed Air-Bath is in daily use. The curative powers of this bath are remarkable in Chronic Bronchitis, Asthma, the first stage of Consumption, Amenorhœa, Congestion of the Liver, and Deafness arising from congestion or thickening of the lining membrane of the Eustachian tube.

The expert use of the Laryngoscope now brings diseases of the throat and windpipe under direct observation, and thereby enables the Physician to detect and cure diseases which medical science formerly failed to subdue. At Ben Rhydding, the local treatment of throat affections has been successfully combined with the Compressed Air-Bath and a tonic course of Hydro-Therapeutics, and many cures have thus been effected, which only a few years ago were considered to be impossible, and which even now would be hopeless under any other system.

The Roman Bath is also in daily use, and is especially suited for the cure of Skin Diseases, Gout, Rheumatism, and other Arthritic affections.

The continuous and interrupted Galvanic Currents are employed in the manner taught by Drs. Duchesne, of France, and Rosenthal, of Vienna, in the treatment of Hysteria, Neuralgia, Spinal Irritation, Incipient Paralysis, and Torpidity of the Womb.

The remedies exhibited and the practice pursued at Ben Rhydding have been shown by a very large experience to be exceedingly valuable in the cure of diseases incidental to women.

The Ben Rhydding water possesses the rare quality of containing Potash as one of its ingredients, which makes it specially useful in cases of Gout, Rheumatism, and Diseases of the Kidneys.

TERMS FOR PATIENTS.

	£	s.	d.
Introductory Consultation Fee	1	1	0
Board, Lodging, Medical Attendance, Medicines, Hot and Cold Water Baths, Gymnastic Exercises, Bath Attendant, Waiters, &c., per week	3	17	6
Companion with Patient, and occupying the same room	3	3	0
Companion with Patient, not occupying the same room, per week	3	6	0
Patient under twelve years of age	3	0	0
Compressed Air-Bath, per week	0	6	6
Roman Bath, each Bath	0	1	0

Blankets, Sheets, and Towels for Bathing, can be purchased or hired in the House, or Patients can bring their own.

VISITORS' DEPARTMENT.

Occasions frequently arise when friends of the patients desire to accompany them to Ben Rhydding, and to remain there for a longer or shorter time without undergoing any treatment, and without the necessity for any medical care. It has, therefore, become absolutely necessary to arrange a Visitors' Department, in order to supply this and other requirements.

This Department is distinct from the Medical, and is under the exclusive direction of the Manager, to whom any complaint as regards negligence, inattention, or any other irregularity, is requested at once to be made.

TARIFF.

	£	s.	d.
Board and Lodging, per day, including Waiter, Chambermaid, and Boots	0	10	6
Board and Lodging for Child under twelve years, per day	0	8	0
Board and Lodging for Child under six years, per day...	0	6	0
Board and Lodging for Visitor's Servant, per day...	0	5	0
Bed for a single Night, with Attendance	0	5	0
For single Breakfast or Tea, at Table d'Hôte	0	2	6
Dinner, at Table d'Hôte...	0	4	6
Serving Meals in Private Rooms, per day	0	3	0
Fires in Private Sitting Rooms, per day	0	1	6
Fires in Bedroom, per day	0	1	0
One Bath, per day	0	1	0
Breakfast or Tea in Bedroom, extra for each person	0	1	0
Dinner ,, ,, ,, ...	0	1	6
Dinner or Tea at Picnics, extra	0	1	0

NO CHARGE FOR ATTENDANCE.

Visitors' Servants in the House must occupy the lodging-rooms appropriated for them. If they have Visitors' rooms they are charged £1 1*s.* per week extra.

GENERAL REGULATIONS.

Breakfast is on the table, in the dining room, at eight a.m.; dinner at two p.m.; and tea at seven p.m. During November, December, January, and February, the breakfast hour is half-past eight instead of eight.

Bells are rung inside and outside of the house a quarter of an hour before breakfast and dinner, and at the time for commencing each meal. The tea bell is rung only once, at seven o'clock.

Meals are not served in private rooms within half an hour before or half an hour after the public meals.

There are prayers in the drawing room every morning immediately after breakfast.

It is requested that patients and visitors will turn off the gas in their rooms immediately after they have done using it, *and be careful to see that it is* QUITE *turned off before going to bed.* Attention is specially called to these points.

The billiard room is open from ten a.m. to ten p.m.

The House-steward or Housekeeper will afford every attention and information to patients and visitors.

It is requested that all complaints in regard to negligence, inattention, or any other irregularity, be made to the House-steward at the time of occurrence.

At eight o'clock on Sunday evening the inmates and servants of the establishment assemble in the dining room, where a simple service is conducted by one of the Physicians, consisting of hymns, prayer, and the reading of a sermon.

PLACES OF WORSHIP IN ILKLEY.

Parish Church.—Divine service at 10.30 a.m. and 6.30 p.m.
Wesleyan Chapel.—Divine service at 10.30 a.m. and 6.0 p.m.
Society of Friends' Meeting-House.—Divine service at 10.30 a.m. and 6.30 p.m.
Congregational Church.—Divine service at 10.30 a.m. and 6.30 p.m.

ROUTES TO BEN RHYDDING.

From LEEDS.—By the North-Eastern Railway from the New Station, *via* Arthington. By the Midland Railway, from Wellington Station, *via* Apperley.

From BRADFORD.—By the Leeds and Bradford branch of the Midland Railway, *via* Apperley.

From HARROGATE.—By the North-Eastern Railway, *via* Arthington.

From LONDON.—By the Great Northern from King's Cross Station, or by the Midland from St. Pancras Station. By this latter route passengers do not require to change stations at Leeds. The trains of the Metropolitan Railway from Paddington and the City run to King's Cross and St. Pancras.

From EDINBURGH.—By the North-Eastern Railway from the North Bridge Station, *via* Thirsk Junction and Arthington.

From GLASGOW.—By the Caledonian and Midland Railways, *via* Ingleton and Shipley.

From DUBLIN.—By railway to Kingstown, thence by steamer to Holyhead, or by railway *via* Chester to Leeds, and thence by the Midland or North-Eastern line.

From BELFAST.—By steamer to Fleetwood, thence to Bradford by the Lancashire and Yorkshire Railway, and on to Ben Rhydding by the Midland Railway; or by railway to Kingstown, and thence forward by the last route.

From LIVERPOOL.—From Lime Street Station by the London and North Western Railway to Leeds, and thence by the Midland or North-Eastern Railway. Or, from Exchange Station by the Lancashire and Yorkshire Railway to Bradford, and thence by the Midland Railway.

From MANCHESTER.—From Victoria Station by the London and North Western Railway to Leeds, and thence by the North-Eastern or Midland to Ben Rhydding. Or, by the Lancashire and Yorkshire Railway to Bradford, and thence by the Midland Railway.

From BIRMINGHAM.—From New Street Station by the Midland Railway, *via* Derby and Leeds.

From HULL.—By North-Eastern Railway, *via* Leeds.

The distance by railway from the principal towns, and the number of hours usually occupied in the journey, are shown in the following table :—

	Dist. fr. Ben Rhydding.	*Time by 1st class Trains.*	
	Miles.	*Hrs.*	*Min.*
Leeds	17	1	0
Bradford	16	1	0
Harrogate	18	1	0
London	207½	6	0
Edinburgh	228	6	30
Glasgow	236	6	45

	Dist. fr. Ben Rhydding.	*Time by 1st class Trains.*	
	Miles.	*Hrs.*	*Min.*
Dublin, *via* Holyhead	236	12	0
Belfast, *via* Fleetwood	—	14	0
Liverpool	89	3	25
Manchester	57½	2	40
Birmingham	130	4	30
Hull	70½	2	30

The preceding are the most direct routes to Ben Rhydding. The times of departure of trains vary each month, and the intending visitor must, of course, refer for these to "Bradshaw's Guide."

Ben Rhydding is situated on a southern slope of the broad valley of the Wharfe, in the West Riding of Yorkshire, and in the vicinity of Bolton Abbey, about sixteen miles from Leeds and about one mile and a half from the village of Ilkley. It occupies a position about midway between London and Edinburgh in one direction, and between Liverpool and Hull in the other, *and is, therefore, of easy access from different parts of the country.*

VISITORS TO BEN RHYDDING COME BY RAILWAY TO THE BEN RHYDDING STATION, WHICH IS WITHIN A FEW HUNDRED YARDS OF THE HOUSE.

LETTERS TO BE DIRECTED "BEN RHYDDING BY LEEDS."

For a full description of Ben Rhydding and its methods of treatment, see "BEN RHYDDING, THE ASCLEPION OF ENGLAND," *price One Shilling. London: R. Hardwicke, 192, Piccadilly, W.*

Extracted from the Medical Times and Gazette for September 23, 1871.

It has been our fate, as we doubt not it has been that of many others, to be not unfrequently consulted in cases of absolute break-down from over-work, bodily or mental, or where a lingering illness made a change imperative, or yet again, where a long course of treatment, with proper hygienic conditions, was deemed necessary for a return to health and strength. In most instances we were met with the question—Where are we to go? and we confess to having experienced no little difficulty in answering it. The sanitary condition of our watering-places is bad; the ways of watering-place landladies are not agreeable; pests of various descriptions are not infrequent; in short, for an invalid such as we describe, such a change is not always desirable.

We had heard of a place in the North which we thought might be turned into account this way, and resolved to make it the subject of experiment in our own vile body; so, when holiday time came round, not with any particularly shattered constitution, but tired enough thoroughly to appreciate the change, we packed our portmanteau. Next morning we were up betimes, took our seat in the Northern express, and soon were on our way to Leeds. There we arrived a little after midday, and found there was time to look at the place before our next train started. There is not much to be seen in Leeds beyond the new Infirmary—with the exception of the Town Hall, everything else is ugly; but soon we were on our way again, and presently emerged into the charming scenery of Wharfedale. In about an hour we reached Ben Rhydding Station, mounted the trap in waiting for the train, and while ascending the hill—for Ben Rhydding lies high—we had time to have a peep about us. A goodly way above us, and close to the margin of the heathery hills, rose what one might be readily pardoned for esteeming a nobleman's castellated mansion, but which we were informed was our destination; and soon making our way through the surrounding trees, we reached its entrance. The building we found situated on a plateau on the south side of the valley of the Wharfe, but rising far above the bed of the river, fronting towards the east, one wing facing almost due north. Round about it were the grounds, carefully and trimly kept, and from those stretching away behind the house could be had a view of the pleasant village of Ilkley, at a distance of about a mile; and beyond that again, the valley, away on towards the woods surrounding Bolton Abbey. The situation was pleasant; the air felt bracing; there was enough sun to make everything enjoyable; the change from London made us feel buoyant; and everything looked *couleur de rose.* What it might have been had we arrived in the middle of a snowstorm we will not pretend to say.

The house, though large, accommodating nearly 150 people, was about as full as possible; but not more than half of these, perhaps, were undergoing active Medical treatment. The others had come to enjoy the rest, the scenery, the fresh air, the regular hours, the plain food, the cold bath in the morning, and what not. Altogether, one would have said they were a "motley crew," but with this grand advantage over ordinary dull, bored humanity—they had a

never-failing subject of conversation (the weather was rarely mentioned, except with reference to out-door exercise)—each other's complaints, the baths to be taken, and the walks to be done.

It is perhaps time, however, we informed the uninitiated that Ben Rhydding is what is commonly called a hydropathic establishment—a place for the water-cure; but let us promptly assure the horrified reader that it is not a place where the doctrine that cold water cures everything is either preached or practised. The practice is such as is or may be adopted by any orthodox Hospital Physician in London; and with their doings we happen to be tolerably familiar. Dr. Macleod, the Resident Physician, is a man who knows how to use the system without abusing it, and he is at all times prompt to apply the appropriate remedy to the prevailing disease, be that what it may.

The means relied upon for the cure of such maladies as we referred to first of all are mostly hygienic—rest, quiet, good air, good food, and exercise; but should a line of treatment be indicated by any gentleman sending a patient there, it is faithfully carried out until its efficacy or its uselessness is fairly shown; or should any addition to it be deemed advisable by Dr. Macleod himself, it is promptly supplied, modified, or improved on, as the case may require.

But it will be best to give some idea of the day's routine in the case of an invalid such as we have figured, thereby perhaps best describing the ways of the place. Early in the morning—that is, by six or seven—the bath-man knocks at the door with a pair of large rough sheets on his arm, and tells you he has come to make ready your bath. In many instances the bath is in the individual's own room, but sometimes he has to make his way to one or other of the bath-rooms scattered through the building. These baths are merely shallow zinc tubs, in which one can sit down with his legs extended in front of him. They are partly filled with water pure and cold from the hills, and so filled the stranger is invited to get out of his warm bed and get into the cold water, having previously wetted his head and face. The instant he is seated he is saluted with a pail of cold water over his back and shoulders, the bath-man rubs the back and limbs; but about two minutes of this is enough for anybody, and the bather is speedily on the floor, where he is enveloped, first in one, then in the other of the sheets, and quickly rubbed dry. With a good circulation the reaction is wonderful, and one feels all over in a healthy glow; but this would be too much for the more weakly, and in their instance the cold water is duly tempered with warm before its application.

The next thing to be done after dressing is a run up on to the hills or a turn through the grounds, to get an appetite for breakfast. Many take advantage of this early excursion to procure their morning draught of pure clean water from a fountain high up above the houses. We think we can pronounce it healthier than the rum-and-milk of some valetudinarians, or the even more questionable beverages of others. But with the cold bath, the morning mountain air, and what not, by eight o'clock most portentous appetites are produced, and the first breakfast-bell is the signal for trooping back to house. Most visitors breakfast in the great dining-hall, where all meals are served, but some do so in their private apartments. The meal itself consists of tea or coffee, bread-and-butter, eggs, and cold meat, varied from time to time with fish; and the rapidity with which the solids disappear vouch for the efficacy of this "treatment" in recovering an appetite.

After breakfast there is a general dispersal—some to read the morning papers, others to write letters for the early post to town, and so on. The stronger most likely betake themselves to the moors, or are off on some of the many excursions to be made in the neighbourhood. Those undergoing treatment probably remain behind, as for them, in the middle of the day, there is another bath, perhaps the rain-bath—a contrivance whereby a multitude of little jets of cold water are made to play at all sorts of angles on the surface of the body. This can be withstood but for a short time, but the reaction is fine. Or, again, there may be, in the case of ladies with uterine troubles, the sitz-bath; or, yet again, if the skin acts badly, the Roman or hot-air bath, or the pack. This last form of cold water application seems to be singularly useful, and might with great propriety be employed more generally for reducing temperature. The patient's bed is prepared for the pack by having all the bed-clothes turned down, and a

thick blanket spread on the mattress; over this is laid a cold dripping sheet, and in this the patient is carefully and tightly enveloped. Next the blanket is folded round the patient, a light feather-bed is placed over him, Continental fashion, and the bed-clothes over all. Thus he is left for half an hour or so, in most cases speedily becoming warm from bodily reaction. If this be insufficient, hot-water bottles are used, till the surface feels as if enclosed in a gigantic poultice. The result is free transpiration, and in most cases an irresistible tendency to go to sleep, inexpressibly soothing to one who for some time past has been restless from irritating skin complaints, or such like. At the end of half an hour the patient is uncased and soused in cold water, the result being a feeling of lightness hardly to be otherwise attained.

A walk or stroll in the grounds brings one to dinner-time—that is, two o'clock—when the plain, substantial fare is attacked even more vigorously than in the morning. At this meal wine or beer is generally partaken of—those undergoing treatment at the discretion of the Physician; those as visitors merely at their own. Claret and bottled beer seem to be the two liquors mostly consumed. It is in this respect, almost as much as any other, that Dr. Macleod's method of dealing with patients differs from that in vogue at most other establishments of the kind, in which everything but water is strictly forbidden. He knows the value of wine, and is only anxious that it should be used aright, in this way doing much to promote the comfort of those under his care.

Dinner over, there is a second dispersal, this time more general than before. Ladies who up to this time have been confined to their rooms make their appearance on the lawn or in the croquet-ground, or there is some little excursion to be made to the village; at all events, in good weather the time is chiefly passed in the open air—some, however, being drawn to the reading-room by the arrival of the London papers; and so the time passes until tea, at seven. This, to a great extent, is a repetition of the morning meal, but is more generally partaken of in the hall. About eight o'clock the majority of the visitors make their way to the drawing-room, where whist-tables abound, the younger members of the company indulging in games, or dancing, varied with music, according to the capabilities they can muster. At ten, retirement begins; some of the lights are turned out; one by one the company move off, some to smoke a final cigar or pipe outside (for tobacco-smoke is forbidden in-doors); but presently all are a-bed, and at eleven the lights are turned out. Thus ends the day—not a very exciting one, truly; but its pleasures, if simple, are innocent; and, with a quiet head on a spotless pillow, the stranger may dream of the toil and turmoil he has left behind him.

This quiet, even life has its charms to many, and year after year the same visitors return; some, indeed, make the place their residence the year through. One would have thought, from the situation and aspect of the house, that it would not be a pleasant residence in winter; but all the halls and corridors are warmed by hot-water pipes, and so an even temperature is tolerably well maintained: Some, indeed, seem to prefer a residence at Ben Rhydding in winter to its attractions in summer; the visitors are less numerous, stay longer, and thus get more domesticated together; but, for our own part, we should not then care to expose a *poitrinaire* to the tender mercies of a northern blast. It nevertheless seems just the place, even then, for patients in what has been termed the first stage of phthisis, as indicated by a certain delicacy of appearance and appetite, when the patient cannot digest fat, and when he is inclined to rely for warmth on outward rather than inward resources. For diabetes, too, where bathing and exercise are of such vital importance, we should strongly recommend Ben Rhydding as a residence presenting in both respects admirable facilities for treatment. There is another class of patients still who seem to derive benefit from a residence here; not so much, however, from the situation or climate as from one of the appliances introduced by Dr. Macleod—these are chronic bronchitis, especially such as have emphysema and labour from occasional fits of asthma. For their use a compressed air-bath has been constructed, and has been found to be wonderfully beneficial. By pumping air into an air-tight chamber, and limiting its means of escape, a pressure equivalent to two atmospheres may be attained, and it is surprising to see the effect of this on poor men and women who have passed the night panting in bed. Their breathing becomes quieter and easier, and many of them drop off to sleep. On a healthy individual the influence of the

increased pressure is indicated by a slight oppression about the ears and temples; but by opening the Eustachian tubes, either by swallowing or by forced expiration, the mouth and nose being closed, the inequality of pressure is removed, and comfort is restored. It is only while the pressure is increasing or decreasing that the oppression is noticed. Whilst the pressure is stationary no uneasiness is felt.

Yet another class who may be benefited, and we have done. We have already alluded to the facilities for treating skin diseases; the same means will be found available and useful for chronic subacute rheumatism. For this troublesome complaint the Roman or Turkish bath, the wet pack, etc., will be found exceedingly serviceable.

Nevertheless, of all these, we still think the place most beneficial for men who have broken down from over-work or are convalescent rather than suffering from any acute disease. These, provided they can get out of doors, will doubtless find themselves highly benefited by a residence at Ben Rhydding.

There is but one point more to be alluded to—that is, the over-expectation of good to be derived from such a change. It is more than likely that many may feel themselves worse than usual for some days after their arrival. The sudden and complete change in one's mode of life is quite enough to account for this, but its effects speedily wear off, and before long the hygienic conditions begin to tell. Nevertheless, let no one be disappointed if for a day or two after his arrival he does not feel as well as usual; that will soon be changed.

To the Editor of the Edinburgh Medical Journal.

SIR,—Having during the past summer spent some time at Ben Rhydding, and having had opportunities of judging of the treatment adopted at that famous institution, it has occurred to me that a few reflections on the subject might prove not uninteresting to the profession.

I am, Sir, yours, etc., MEDICUS.

BEN RHYDDING AS A HYGIENIC AND HYDRO-THERAPEUTIC ESTABLISHMENT.

There are few of those who take an active part in the busy every-day life of the present century, but feel ever and anon that they must relax their efforts, or, as the ancients tersely put it, *festina lente*, hurry at leisure. This remark applies more especially to brain-workers, and such as trace their ailments to long-continued mental activity—in Britain, unfortunately, a numerous class. There is a point beyond which flesh and blood cannot endure, and some of the hardest heads and stoutest hearts in these realms daily succumb to the prevailing system of over-work. The misery induced is often incalculable. Lives valuable to the possessors, to relatives, friends, the country and posterity, are sacrificed without stint, because we urge ourselves, or are unhappily urged by circumstances, at a speed which cannot possibly last. In our strivings after fame, fortune, position, and the minor vanities of humanity, we forget, or, what is worse, practically ignore, that "the race is not to the swift, nor the battle to the strong."

Sana mens in corpore sano is a very old maxim, the true meaning of which seems to have been forgotten in modern times. The majority of people, in these degenerate days, have a belief (how acquired no one knows) that will, energy, force of character, and the like can achieve everything possible on this side of the grave. They force their poor bodies and brains to perform work for which they are totally unfit, and, as a consequence, they break up in the process. It is thus that our asylums and watering-places are crowded, and our population decimated. Of late years, particularly since the introduction of railways, telegraphs, and cheap postage, it has been the custom, and we fear the profession has been sadly to blame in this matter, to patch up the system, so as to enable the individual to continue his unnatural exertions

until he naturally goes to pieces. What more common with authors, city men, contractors, speculators, and hard thinkers, as a whole, than the request to be tided over a temporary illness? They tell you plainly they cannot afford to be laid up; but they forget, and the physician who temporizes apparently overlooks the fact, that the aggregate of little ailments not unfrequently begets an illness which lasts a lifetime. The laws of health, and not convenience, are to be studied. It is vain to suppose that, if a constitution is undermined by systematically ignoring the laws of health for twelve or fifteen years consecutively, it can be set to rights in a week or even a month. Nature never works by leaps. The links in the chain may be missing, but they were there originally; and to restore the structure to its former excellence, the links must be replaced. If time is required to disturb the finely-adjusted mechanism, time is also required to put it in order. If it is true that the body is built up by successive elaborations, it is also true that it may be broken down by successive disintegrations. The two things are diametrically opposed to each other. There is no mistake more common than to imagine that a system, vitiated and partly-broken up by over-work, impure air, want of exercise, improper food, etc., can be restored to its prestine vigour by the agency of drugs. This can only be done by a change of all the conditions which caused the patient to diverge from health. To obtain the required change at a moderate cost is often a matter of exceeding difficulty, and it is with a view to directing the attention of the profession to a fitting *sanatorium* that the present notes on Ben Rhydding are published. As a residence, Ben Rhydding is nowhere surpassed in England. Situated high and dry on the sloping banks of Wharfedale, one of the finest valleys in Britain, it commands a prospect of something like 100 square miles. The country around it is altogether pastoral and magnificently wooded. It displays an embroidery of beautiful lanes, which if they can be equalled, certainly cannot be surpassed. Its grounds are something over 100 acres in extent, and as they are contiguous to a common some six miles square, and open up into an infinite variety of most picturesque lanes and by-paths, the visitor is irresistibly tempted to take long rides, drives, or walks. This beautiful river Wharfe, which glides through the valley like a silver snake, holds out additional attractions; for on its banks are situated the venerable ruins of Bolton Abbey and other architectural remains of exceeding interest. As to the building itself, it impossible to speak in too high terms. It is a noble pile in the Scotch baronial style, and more resembles a ducal residence than a temple dedicated to Hygeia. Its public rooms are unusually commodious and elegant, and its sitting-rooms and bed-rooms lofty, well-ventilated, and cheerful. An air of "cosy comfort" pervades the whole, and there is no confusion or bustle at any time of the day or night, in any part of the building. A more enjoyable retreat for a month or six weeks cannot be imagined. The bill of fare is likewise excellent. At six or seven o'clock in the morning, according to arrangements, the visitor is treated to a cold or tepid bath, as befits his condition. He has then a short walk in the grounds, returns to breakfast at eight; attends prayers, has a look at the morning papers; goes out for an excursion or plays at rackets, billiards, croquet, etc.; returns to dinner at two with a vigorous appetite; goes out again and remains till seven, when tea is served. The food is plain, wholesome, in great variety, and beautifully cooked. This is saying something, for there is perhaps no nation under the sun where cooking is less understood than in Britain: with positively the best of everything edible, we make a very poor use of it, when compared with our Continental neighbours. Beer and wine (chiefly claret) are indulged in at dinner by those who prefer reserving the water for the outer man. These luxuries, however, are taken in several moderate doses. At eight o'clock the visitors assemble in the great drawing-room, where music, vocal and instrumental, enliven the shades of evening. Charades and various games are enacted, and the younger members of the community form themselves into quadrille parties, and trip it on the light fantastic toe. There is amusement for all. The grave and reverend seniors have their game at whist, draughts, or backgammon, according to preference; and thus the night passes pleasantly and quickly until ten o'clock, when the lights are lowered, a sign for general dispersion. A few minutes later, and the visitor is either in the arms of Morpheus or hastening thereto. Ben Rhydding, with its regularity, home quiet, airy rooms, substantial fare, and beautiful surroundings, forms a striking contrast to every kind of private inland or seaside lodging.

Fortunate in many things, it is in none more so than in its physician and proprietor, Dr. Macleod. To this gentleman's perseverance and acknowledged ability, is to be attributed in a great measure the high position which hydro-therapeutics hold in Britain at the present day. Taking as his basis of operation the most approved facts in physiology and pathology, Dr. Macleod endeavours to build up and replace what disease has vitiated and destroyed. This he believes is to be done less by the operation of medicine than by the aid of natural curative agents, which chance has, as it were, placed at his elbow. He, however, like other orthodox physicians, has faith in the efficacy of medicines, and administers them whenever he can derive positive advantage from their use. His treatment is therefore hygienic, hydro-therapeutic, and medicinal in its nature. Hydro-therapeutics, in Dr. Macleod's opinion, embraces the application of water in various ways, and at various temperatures and degrees of force, to the surface of the body, as well as its internal administration.

"The value of water as a remedial agent," he observes, "has not yet been sufficiently recognized. It contributes more than any other substance to the sustenance of animal life; it makes up 70 per cent. of the weight of the human body, and is as much an integral part of the blood as albumen or fibrine, for it is structurally combined with the other elements. It is the carrier of the food, the vehicle of waste, the cooler of the body, the stimulant of nutrition, and a most important agent in the development of vital force. By an agency peculiar to itself it carries into the blood, to be eliminated by the excretory glands, or to pass in to the tissues, the materials which were vital yesterday but effete to-day, and the removal of which leaves the system free to perform its functions."

The Ben Rhydding water, fortunately for Dr. Macleod, contains a considerable quantity of potash—a rare circumstance, and one which supplies him with a valuable agent for the successful treatment of gout, rheumatism, and diseases of the kidney. He employs the hydro-therapeutic treatment in functional diseases; in stopping the degeneration of tissues; in restoring nerve power; in removing effete matter from the system; in developing vital force in weakened or exhausted constitutions; and in retarding the too rapid advance of old age, arising from the wear and tear of professional and commercial life. When structures have become diseased, or morbid matters deposited in them; when the organism has been chronically poisoned by constitutional or blood diseases; and when organic matters natural to the system are wanting, he adds to hydro-therapeutics, local, special, and general medicinal treatment.

In Dr. Macleod's hands, the local treatment of throat affections has been very successful when combined with the compressed air bath and a tonic course of hydro-therapeutics. He has been equally fortunate in his treatment of hysteria, neuralgia, spinal irritation, incipient paralysis, and torpidity of the uterus. In such cases he combines galvanism with hydro-therapeutics. Dr. Macleod's sheet anchors are necessarily and naturally hydropathy, hydro-therapeutics, and hygiene. The latter is little understood in Britain, but we hope the day is not far distant when a chair of hygiene will be founded in every university.

Every form and variety of bath is employed at Ben Rhydding: the rain, plunge, sitz, and pack bath; medicated baths of various orders; the Roman, or hot air bath; the vapour bath; and last, and certainly not least, the compressed air bath. The results obtained from the employment of the several baths indicated are, with the exception of the last, well known to the profession.

The compressed air bath is deserving of special attention, both on account of its novelty and its efficacy in certain diseases. It has been found particularly beneficial in chronic bronchitis, asthma, the first stage of consumption, amenorrhœa, congestion of the liver, and deafness arising from congestion or thickening of the lining membrane of the Eustachian tube. So far as we know, Dr. Macleod's is the only compressed air bath in operation in Britain. This peculiar form of bath was originally devised by Emile Tabarié of Paris, and may be briefly described as under:—

"The air bath is a chamber ten feet in diameter and twelve feet high, constructed of iron plates riveted together like those of the boiler of a steam-engine, so as to be perfectly air-tight. It is provided with double close-fitting doors, and four windows, each a foot and a half in

diameter, and composed of a single piece of strong plate-glass. The interior is lined with wood, and furnished with seats and a couch for weak patients. The doors are so arranged that in case of need the physician can enter, and patients can leave the bath at any time, without affecting the pressure of air. A seven-horse power steam-engine works, at the rate of fifty strokes per minute, a force-pump seventeen inches in diameter and two feet deep, from which there passes an iron pipe four inches in diameter. This pipe opens into the bottom of a large cylinder, in which are several diaphragms perforated with numerous small holes.

"A pipe, also four inches in diameter, is connected with the top of the cylinder, and after running about 250 yards underground, opens into the air-chamber beneath the floor, which is pierced with a large number of small apertures. By this arrangement a vigorous circulation of air goes on without the patient being conscious of it. A large screw-valve is attached to the entrance pipe, and regulates the passage of air into the bath. From the roof of the chamber an iron pipe, four inches in diameter, is carried down outside the bath into a dry drain, to deaden any noise occasioned by the rapid current of air. This is the exit-pipe, and is furnished with a large screw-valve, by which the amount of air passing off is regulated. While the air is being compressed, and after the maximum pressure is reached, a sufficient quantity of air constantly enters and escapes from the bath, so that the patient never breathes the same air twice. Barometric tubes, placed within the bath, communicate at their upper extremities with the atmosphere outside, while the mercury at the lower end is subjected to the pressure of the air in the interior. The patients are constantly made aware by the indices of the amount of pressure, which is adjusted by the valve in the escape-pipe. An apparatus by which the temperature of the air entering the bath is regulated is also attached. The air forced into the bath is the ordinary atmospheric air drawn from the moors. The duration of each bath is usually two hours. During the first half-hour, the pressure of the atmosphere is gradually raised, at the rate of about one pound to the square inch, every four minutes; the maximum pressure of seven pounds and a half is maintained for an hour; and during the last half-hour it is allowed gradually to diminish, until the normal state of the air is regained. The slowness in the increase and diminution of the pressure is of fundamental importance in the use of the air-bath as a curative agent. The patient ought to sit erect in the bath, and to take frequent deep and full inspirations. He ought to keep quiet, and as free as possible from every sort of excitement; and should he feel drowsy, he ought to allow himself to fall asleep.

"In the bath the respiration becomes slower, fuller, and deeper; and less need is felt for continuous breathing than in an atmosphere at the usual pressure. There is at the same time a feeling of comfort in the lungs, and an unusual facility of breathing. These effects arise from the sedative action of the bath—an action which gradually extends over the whole frame, and is often shown in a marked degree in persons suffering from asthma. Each inspiration becomes less laborious, and the incessant demand for air less clamant. This action especially affects the mucous membrane lining the air-passages, and is produced by the increased pressure of the atmosphere, much in the same way that the bougie, through pressure, gradually lessens and often entirely removes the irritation of the urethral mucous membrane. The effect here described is of the first importance in asthma, chronic bronchitis, and phthisis, for the greater number of cases of those diseases are caused by increased irritation of the mucous membrane, and increased excitability of the nerve-fibres ramifying in the lesser bronchial tubes. The increased pressure of the air also diminishes the thickness and tumidity of the submucous tissue of the air tubes, which is so often present in many of the severer cases of chronic bronchitis, bronchitic asthma, and phthisis. When these improvements take place, the abnormal secretion of mucus and muco-purulent matter gradually diminishes, until at length the lining membrane of the lung becomes for a while almost too dry—a result which may temporarily increase the difficulty of breathing, but which is soon followed by a permanent improvement in that respect.

"Besides these purely mechanical actions, the compressed air bath enables the lung to perform its functions with more energy and completeness than it can do under the usual atmospheric pressure; for, while the air breathed in the compressed-air chamber is composed of the same relative proportions of its component gases, it contains absolutely a greater amount of

each of them. An increased quantity of oxygen is thus presented to the blood, and that under circumstances peculiarly favourable to its absorption—namely, the increased pressure of the atmosphere sustained during a lengthened period. This increase of function within the limits of healthy action is of the first importance in the congested state of the lung which accompanies, more or less severely, all chronic affections of that organ ; for, however congested an organ may be, it is relieved when the organ is again enabled to perform its functions with full vigour."

The efficacy of all kinds of baths in giving tonicity to the system, and in bracing up relaxed organs, cannot be overestimated. Water, however applied, produces ultimately a soothing effect. If very cold, it communicates a shock to the system ; but the shock, if properly applied, is short-lived, and the exhilarating warmth produced, and the fine flow of spirits which supervenes, is enduring. If the water be very warm, a feeling of oppression steals over one ; but this too is speedily followed by a gentle perspiration, which wonderfully relieves the system.

He who can endure without discomfort the high temperature of the old Roman or modern Turkish bath, and submit himself *piping hot* to the cold douche, experiences a luxury which it is impossible to describe. He feels his earthly tabernacle literally swept out ; and if he is of a keen scent, he may even enjoy the peculiar but pleasant aroma of his own purified humanity.

There are few who have experienced the delightful sensations produced by the pack bath who are not rapturous in its praise. To one whose brain is racked, or whose nervous system is shattered, nothing can possibly be more agreeable or soothing. The marked advantages to be derived from wet compresses applied to the abdomen are, moreover, not to be overlooked ; they often do for the alimentary canal what an entire druggist's shop could not. To realize the extent of the benefit derived from a regular course of bathing, it is only necessary to bear in mind that the mucous membrane of the entire alimentary canal is a modification and continuation of the external skin of the entire body—the two forming a complete envelope of skin. If, therefore the outer or natural skin is stimulated by means of the bath, it follows that the mucous membrane of the stomach and intestines is stimulated indirectly. It is thus that bathing assists in curing dyspepsia, and that melancholy brood of symptoms which invariably accompany it. What physician is there who is not occasionally driven to despair by the utterly wretched appearance of his dyspeptic patients? They are timid, nervous, cold creatures, who love the fire as they love life ; who abhor water with the horror of a hydrophobic patient ; and who shuffle about their rooms even on bright days, afraid of the shower which is perchance a day or a mile distant. They do the grumbling for the whole British constitution, and yet at heart they are kindly, good people. Genii of the stream, take them away to your fairy haunts and souse them well. They will soon become as enamoured of the water as Narcissus was of his shadow !

There is, perhaps, nothing that contributes more to enjoyment and longevity than regular bathing. Our climate is a variable one, and to protect ourselves from its sudden onslaughts, we must harden our bodies by a free exposure to water and air. We must go out in all seasons, and avoid as much as possible heated rooms and late hours. The old Romans were, and the modern Gauls are, aware of the immunity to be enjoyed from a free contact with air and water. Was not the "garb of old Gaul" expressly designed for ventilating the outer man? And did not the ancient Greeks and Romans—yea, the more antiquated Egyptians—erect costly baths of marble and other rare stones.

Speaking generally, the four factors in the preservation of health are,—bathing, early hours, regular exercise, and moderate living. The mass of our population, unfortunately for itself, neither bathes, goes to bed early, nor exercises. To make matters worse, it greatly over-eats and over-drinks. The result is in many cases disastrous, and unless some strong movement be inaugurated to correct those abuses, the chances are that the old British lion will lose his fine proportions and the courage for which he is so justly prized. The medical profession has much power in directing the energies of the people into proper channels ; and we hope the time has arrived when it will raise its voice for the erection in every town and village of public baths, gymnasiums, and sanatoriums, as by these perhaps more than by anything else longevity and happiness are to be promoted. Meanwhile, and by way of parting, let us recommend to all

whom it may concern a brief sojourn at the famous Ben Rhydding; an establishment at the head of its class, and one whose resources for effecting rapid and permanent cures, in fitting cases, are in some senses unlimited.

To the Editor of the Edinburgh Medical Journal.

SIR,—In a former communication under the above heading, I directed the attention of my follow-practitioners to the hygienic and the hydro-therapeutic treatment adopted at Ben Rhydding, and the advantages to be derived from a sojourn in that institution. I now wish to show that this peculiar form of treatment is of great antiquity, and entitled to the confidence of the profession.—I am, Sir, yours, etc., MEDICUS.

BEN RHYDDING AS A HYGIENIC AND HYDRO-THERAPEUTIC ESTABLISHMENT.

There are few things absolutely new, and hydropathy, which has been regarded by many as a modern invention, is in reality only a revival of a very old form of treatment. It is an error to suppose that Priessnitz was the founder of the co-called water cure, and that Gräfenburg was the source from which the cool stream originally flowed. According to Plato, the manner of purifying by water is as ancient as the Flood; for this author, in his third book, "De Legibus," affirms that the gods purified the earth by the Flood, for which end they brought it on the earth; and from this opinion sprang the custom of purifying by immersion, mankind as well as the earth; which opinion is also favoured by Grotius when he discourses of strangers initiated into Judaism by baptism.

In the Vatican at Rome, a colossal statue, eight feet in height, is dedicated to Æsculapius, this being presumably a portrait statue of Antonius Musa, who cured the Emperor Augustus of his defluxion by the aid of bathing. The term employed by the ancient Greeks to signify the cold bath was *psychrolousia* (ψυχρολουσία), and that used by the Romans *piscina*. In Greece and Rome hydropathy was raised to the dignity of a science. By the application of water in various forms, these nations believed that health could not only be preserved, but also most diseases cured. The Greek or Roman baths were sumptuously fitted up, and consisted of two parts, the hot air or hot water bath, and the cold bath. It was customary for the ancients first to bake or parboil themselves, and then suddenly to plunge into cold water. This custom has been revived in the modern Turkish bath.

It is very difficult, often impossible, to pursue the trail of knowledge. Customs which at first sight appear peculiar to one period and to one country, are found, on more extensive inquiry, to have prevailed at various periods and in countries widely removed from each other. So much is this the case with regard to habits and modes of life, that we are almost forced to conclude that civilization is not due to a uniform spreading from one centre; but to an amalgamation and spreading from several centres. This is especially true of bathing. The celebrated William Penn, the founder of Pennsylvania, found a system of hot and cold bathing in full force among the Indians of that state in 1700; and baths closely resembling the Indian ones have been discovered in our own islands during the present century. The Roman occupation sufficiently accounts for a knowledge of hot and cold baths in Britain, but it is difficult to understand how the Aborigines of the American Continent came by their information. The most remarkable circumstance, perhaps, consists in the identity of the primitive Indian and British baths. They were very rude, but nevertheless very effective. In both cases they were composed of oven-like chambers as air-tight as possible, into which red-hot stones were thrust; the stones in some cases being covered with green leaves. When the patient was in a state of profuse perspiration he emerged and soused himself in a neighbouring pool or river, the colder the better. The cold baths of the poorer Romans, according to Horace and Seneca, consisted

of simple springs, which were not even covered over, and this habit of immersion in open springs, rivers, or lakes, for the cure of divers diseases, obtains in Britain even at the present day. In fact it is not six months since we read in the public prints of a bevy of lame and halt individuals who assembled on the banks of a Scottish lake to be immersed at the witching hour of twelve. This is but an imitation and repetition of the rites performed at the famous pool of Bethesda. Diodorus Siculus informs us that the first Egyptian king bathed and adorned himself in his royal robes before he went to sacrifice; and Porphry affirms that the ancient Egyptian priests in performing extraordinary sacrifices bathed three times a day. Diogenes Laertius, in the life of Plato, mentions a cure effected by Egyptian priests by bathing in salt water, it being a general belief at that time that salt water purified both body and soul, θάλασσα κλύζει πάντα των ἀνθρώπαω κακά.

The Israelites during their captivity in Egypt are represented as frequently bathing. They were also (Ezekiel xvi. 4) in the habit of washing their new born children in salt and water—a custom which likewise prevailed throughout Asia. Hippocrates, in his treatise on ancient Physic, states, "If any person in health cools himself very much in the winter time, either by bathing in cold water or otherwise, the more he is cooled (if his body be not perfectly congealed), the more vehemently he will become hot when he puts on his clothes again and comes into a house."

Agathinus describes the good effects arising from the application of cold water very succinctly. He says, "They who desire to pass the short time of life in good health, ought often to use cold bathing, for I can scarce express in words how much benefit may be had by cold baths; for they who use them, although almost spent with old age, have a strong and compact flesh, and a florid colour in their face, and they are very active and strong, and their appetites and digestion are vigorous, and their senses are perfect and exact; and in one word, they have all their natural actions well performed."

Dion Cassius informs us that Musa prescribed the *hydropsia* (the internal administration of water and medicine) as well as the *psychrolousia* (cold bath) when he cured Augustus.

Various other passages in favour of bathing might be adduced from the writings of Homer, Suetonius, Seneca, Pliny, Cælius, Aurelianus, Galan, Ægineta, and Ætius; but a sufficient number have been cited to prove that from the earliest times all nations have had more or less faith in the efficacy of the bath, alike in health and disease. What every one believes is usually, although not necessarily, true. Tested by time and experience, bathing has certainly braved the ordeal, and is entitled to a high place in the healing art. Bathing and drinking of water formed part of a very old system of treatment—the other parts of the system consisted of *exercise and moderate living.*

Hippocrates recommended hot and cold bathing as part of his gymnastic art, the cold water to be employed after the exercise of the *palæstria*, the hot, after other exercises ("Third Book of Diet"). The spring used after hot bathing and moderate exercise at Rome was an exceedingly cold one, called *Virgo.* In it the *athletæ* were wont to lave their manly limbs.

Paulus Ægineta commends cold baths, and advises the bather to use an exact diet and convenient exercise.

The Emperor Alexander Severus adopted this plan, for Lampridus states that this potentate drank water in the morning *fasting*—that he ate sparingly in the forenoon, and that he engaged in running, ball-play, or wrestling, prior to taking his *piscina* (cold bath). He then ate much bread and milk, eggs and mulsum. This discipline was calculated to make all who had recourse to it strong and vigorous. The process of hardening was well known to the Ancient Britons. Cæsar, in his Commentaries, tells us that our semi-savage forefathers daubed their exteriors with paint and freely exposed themselves to the rigours of the climate, being almost naked. He adds that Suevi and old Germans (whence the Saxon race) adopted similar practices, being only partly covered with skins. To come nearer home, our own famous countryman, George Buchanan, informs us in his Scotch History, that the Picts went naked and painted their bodies; that the Scotch islanders slept upon the snow, or made themselves beds of heath with the flowery ends upwards, which, *mollitie cum pluma certant, solabritate certi superant* (in softness vie

with the feather, and in healthfulness greatly exceed it). He further tells us that the inhabitants of the Orcades preserved the vigour, beauty, and largeness of their body, as well as health in their mind, by their observing their old parsimony; and that their ignorance of the nice and luxurious ways of living conduced more for preserving their health than any medicinal art. The passage "*And that their ignorance of the nice and luxurious ways of living conduced more for preserving their health than any medical art*," is significant. It teaches the present generation a grave lesson. Extravagant, artificial living introduces unheard-of evils into a community. It may be likened to a hollow ball placed upon an inclined plane, which, when once set in motion, runs faster and faster until, coming suddenly in contact with some more solid and sterner stuff, it smashes itself to pieces. It was so with Babylon of old, with Greece, with Rome, and as recent events have shown, with modern France. Luxurious living had destroyed the thews and sinews of war in those nations—had enervated their men and debauched their women. It occurs to us that Britain is rapidly getting into a somewhat similar condition, and it may become a question (the discussion of which will admit of no delay) whether or not we are in a state to meet our less luxurious and hardier neighbours in the field. This problem is already before the country, and the late military manœuvres in England were expressly undertaken to try the strength of the backbone of the sea-girt isle. There is no folly to compare with that of rivalry in living. Progressive splendid living may not inaptly be compared to the tuning of a harp or other stringed instrument. By pinching and screwing you obtain a higher note—a more brilliant result—but snap go the strings, one after the other, and all is anarchy, confusion, and bankruptcy. How many heart-strings are snapped in this process of tuning or living up, the unfortunate dupes of a suicidal system alone can tell.

It will be evident from the foregoing that the ancients were fully alive to the numerous benefits to be derived from systematic bathing, regular exercise, and a moderate or even spare diet. Their example in these matters is worthy of all imitation.

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